



# A FEW GRAY HAIRS

**SENIOR  
CITIZENS'  
DAY**  
AUGUST 21, 2015

A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

Vol. 17/Iss. 2

**August 2015**

Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes...** When I was younger, the arrival of August almost seemed to signal the end of summer. The days are not as long, the nights are a little cooler (mercifully) and the stores are already filled with fall fashions and back to school items. But August still holds many delights for us to enjoy. Even if the neighborhood woodchuck mowed down the peas in the garden, fresh vegetables are plentiful at the local farm stands. The lawn doesn't need to be mowed quite as often but the scent of freshly cut hay fills the back roads nearby. Thankfully, the temperatures are still warm enough to justify a stop for August, my husband and I had driven up walk. At low tide, the beach was quiet sunset and the sound of an incoming tide. traveling back roads and avoiding the village center, we saw a band concert service organization was selling hotdogs, We hopped out of our car, bought hotdogs



listening to the very good band while children danced on the lawn and groups of friends sat chatting and laughing. The stars came out and we pulled on sweatshirts as the band finished their concert with everyone joined in song for very nice renditions of "America the Beautiful" and "The Star Spangled Banner." It was just a lovely August evening and, yes, there was still time for ice cream on the way home! As the summer winds down, join us Wednesday August 26 for an end of the summer celebration with our friends "The Over the Hill Band." Hot dogs and plenty of fun are already on the menu!



## ***Crosby's Marketplace Sponsors Men's Breakfast***

Reflecting true community partnership, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its eighth year of sponsorship, Crosby's Marketplace has allowed us to increase our monthly program with additional participation. On an average we serve 16 men per month, with as many as 20 joining us in recent months! In the past fiscal year, we served a total of 154 men. Breakfasts include a variety of speakers and a home-cooked meal. The COA thanks Crosby's Marketplace for their sponsorship and encourages all men to join us for good food and fun each month. For more information, please call the COA office at (978) 352-5726.

## ***Elder Services To Administrate Merrimack Valley Nutrition Program***

Elder Services of the Merrimack Valley (ESMV) is excited to announce that they are the new administrator of the former Merrimack Valley Nutrition Program (MVNP). With the change in administration, Lindley Food Service has been selected as the caterer for the program. Seeking to keep the previous program as whole as possible, ESMV has welcomed MVNP staff members and volunteers to join the program. Along with long standing employees and volunteers, Nutrition Director Derek Anderson has been hired to oversee the program. ESMV's focus is to provide great meals to elders through Lindley, supporting the staff to deliver excellent customer service and assisting our consumers with their needs! If you have any questions or concerns please, call ESMV at 1-800-892-0890 and ask for the Nutrition Program Staff.

# August Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.

AUGUST VAN SCHEDULE 2015



| Shopping Date | Location                | Recreation Date | Location                      |
|---------------|-------------------------|-----------------|-------------------------------|
| Aug. 4        | NO VAN – Brown Bag Only | Aug. 6 9:30     | Super Walmart/Salem, NH       |
| Aug. 11 9:30  | Rowley                  | Aug. 13 10:30   | Mann's Orchard/Target/Methuen |
| Aug. 18 9:30  | Plaistow, NH            | Aug. 20 10:30   | Haverhill                     |
| Aug. 25 9:30  | Newburyport             | Aug. 27 10:30   | Seabrook, NH                  |

**JOIN US MONDAY – WEDNESDAY MORNINGS** from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

**SHINE OFFICE HOURS:** Mon. Aug. 3, 9-11 a.m.

**Town Hall, 2<sup>nd</sup> Floor**

**SHINE Counselor Jerry Goldberg** will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

**VISITING NURSE:** Wed. Aug. 5 10 – 11 a.m.

**First Congregational Church**

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

**MEN'S BREAKFAST:** Thurs. August 6, 9:30 a.m.

**Trestle Way**

**GFD Chief Al Beardsley will be speaking. The Chief will be retiring at the end of August.** With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726.** Next breakfast: Thurs. Sept. 3. Speaker to be announced.

## Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall 2nd Floor Conference Room** to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

**Rep. Lenny Mirra:**  
**For Date/Time**  
**Call: (617) 722-2130**  
**Email:**  
**Leonard.Mirra@MAhouse.gov**

**Sen. Bruce Tarr:**  
**No Office Hours**  
**in August.**

**ZENTANGLE BOOKMARKS:** Tues. August 11, 9:30 a.m.

**First Congregational Church** See pg. 3 for details.



**AUG. BIRTHDAY:** Tues. Aug. 18, 11:30  
**First Congregational Church**

Join us as we send best wishes to our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/12/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

**OVER THE HILL BAND:** Wed. August 26, 10 a.m.

**First Congregational Church** See pg. 3 for details.

**Free Legal Help** offered by Atty. Elaine Dalton

**Tues. Aug. 25, 10 a.m. at First Congregational Church**

Assistance available for: \*Health Care Proxies, \*Durable Power of Attorney, \*elder law issues  
\*15 min. appts. available by calling COA at 978-352-5726



Dick Boucher & Al Miller are members of the Over the Hill Band. Join us on August 26 for their concert.



## Health & Wellness Classes

Yoga classes are held at First Congregational Church.

Strength Training Classes are held at Trestle Way.

Newcomers & beginners welcome.

There is a **SUGGESTED DONATION** of \$3.00 per class.

| Class                       | Meets on          | Time              |
|-----------------------------|-------------------|-------------------|
| Yoga (Bring a mat or towel) | <b>Mondays</b>    | <b>10:30 a.m.</b> |
|                             | <b>Wednesdays</b> | <b>9:00 a.m.</b>  |
| Strength Training           | <b>Tuesdays</b>   | <b>12:30 p.m.</b> |
|                             | <b>Thursday</b>   | <b>10:45 a.m.</b> |

## \*WALKING CLUB\*

Is on summer hiatus.

Check back in the fall for  
scheduling details.



| B                                  | I                                       | N          | G  | O                         |
|------------------------------------|---|------------|--|---------------------------|
| 12                                 | 21                                      | 38         | 49   | 63                        |
| <b>Georgetown Senior Center</b>    |   | 40         | <b>Trestle Way Community Room</b>                                    |                           |
| Every Monday at noon               | Cost: \$1.00/card covers up to 10 Games | Free Space | 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays each month at 1:00 p.m. | Cost: 50¢ & 75¢ per game. |
| For more info, call (978) 352-5726 |   | 33         | Contact: GHA (978) 352-6331  |                           |
| 2                                  | 29                                      | 45         | 50   | 72                        |

**Please note:** When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.



## *Zentangle Bookmarks*

**Tues. Aug. 11  
9:30 a.m.**

First Congregational Church

**The Zentangle Method** lets you create beautiful images by drawing structured patterns. It is:

- ☆ easy-to-learn,
- ☆ relaxing & fun
- ☆ simple, portable & inexpensive

### **Zentangle can:**

- ζ increase your focus,
- ζ help you relax,
- ζ inspire your creativity
- ζ **And anyone can do it!**

**RSVP before August 5. Space is limited.  
Call the COA at 978-352-5726.**

Coming in September:

### **ESMV's Annual Farm-to-Table Tasting**

This event will be held at Tattersall Farm on Thurs. Sept. 10<sup>th</sup> at 2:00 pm. It is free of charge, but space is limited.

RSVP required by September 8, 2015 to Justin Jordan at (978) 946-1279.



## *Over the Hill Band*

**To perform**      **Wed. August 26**  
**10 a.m.**

First Congregational Church

**So put on your cowboy boots, brush off your 2-step and saddle up the pony. Join us for a morning of fun, music and a big YEEEE-HAWWW!**

**Light refreshments will be served.**

**Make a day of it and stay for lunch featuring Beans & Franks and watermelon, too! (Reservations required.)**



**To assist with planning, please call the COA at 978-352-5726.**

This program is supported by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.

## **Senior Farmer's Market Coupon Distribution**

Summer is here, and that means there's plenty of fresh produce available at Farmer's Markets across the Merrimack Valley! Good nutrition is important throughout our lives, and helps to promote healthy living and healthy aging. The **Senior Farmer's Market Nutrition Program** offers a **limited supply of \$25 coupons to adults aged 60 and older who meet certain income guidelines**, to buy produce at their nearby Farmer's Market. The coupons are available through Elder Services of the Merrimack Valley's Nutrition Program and distributed by Senior Centers in: Billerica, Dracut, Haverhill, Lawrence, Lowell, Methuen and Newburyport. If you live in a city/town that does not have a distribution site, you can go to any one of the seven distribution sites, as long as you live in the Merrimack Valley. However, if you live in one of the seven cities with a distribution site, you **MUST** get your coupons from the city/town where you live. **This year, all Farmer's Market coupons will be distributed on Wednesday Aug. 5.** The coupons will be available on first come, first served basis beginning at 10 a.m. in Haverhill and 9 a.m. in Newburyport. All you need to bring is proof of where you live such as a phone bill or electric bill that includes your name and address. You will also need to sign a statement that says you are 60 years of age or older, live in the Merrimack Valley and that your income is no higher than one of these levels:

**1 Person Household:** \$21,774.50/year or \$1,814.54/month

**2 Person Household:** \$29,470.50/year or \$2,455.88/month

**3 Person Household:** \$37,166.55/year or \$3,097.21/month

**4 Person Household:** \$44,862.50/year or \$3,738.54/month

**5 Person Household:** \$52,558.50/year or \$4,379.88/month

**6 Person Household:** \$60,254.50/year or \$5,021.21/month



### **COA Friends Fundraiser:**

#### **Another Way to Help the Friends of the COA**

You, your family, & friends have a chance to benefit the Friends of the Georgetown COA by doing something most people do every day: search the internet! By using **www.goodsearch.com**, a penny is donated per search using our charity name. The power of a penny is that they add up with a small investment of time! Go to the **goodsearch website**; choose your charity (Friends of the Georgetown COA) at top right; perform the search. Please consider this inexpensive, but very useful way for us to raise money for the benefit of the Georgetown COA. If you have questions, please contact Beverly: by email ([bevknapp@verizon.net](mailto:bevknapp@verizon.net)) or phone (978-352-8526).



## **Farmer's Market Scheduled at Nunan's**

Nunan's Florist & Greenhouses will be hosting the Farmer's Market on Thursdays through Oct. 15 from 2:30 – 6 p.m. rain or shine. For more information, contact Linda: (978) 352-8172 or [linda@nunans.com](mailto:linda@nunans.com). (This market **IS** a participant in the Senior Farmer's Market Coupon program.)



### **Free Fun Fridays**

Museums/Cultural Events Free To the Public  
August Schedule

**Aug. 7:** Boston Harbor Islands Nat'l Park, The Greenway Carousel, The Old State House, Concord Museum, Worcester Historical Museum, Springfield Historical Museum, Springfield Museums, Hancock Shaker Village

**Aug. 14:** JFK Presidential Library/Museum, USS Constitution Museum, Cape Cod Children's Museum, Fuller Craft Museum, Children's Museum/Greater Fall River, Historic Deerfield, Mahaiwe Performing Arts Ctr.

**Aug. 21:** Franklin Park Zoo, The Freedom Trail Foundation, Museum of African American History, Discovery Museums, Buttonwood Park Zoo, Emily Dickenson Museum, Jacob's Pillow Dance Festival

**Aug. 28:** Old Sturbridge Village, Plimoth Plantation, Clark Art Institute, Mass MOCA, Ecotarium, Griffin Photography Museum, Cape Cod Museum of Natural History

Fun Fridays are sponsored by Highland Street, Boston Globe & WCVB5. **For more information, contact Highland Street at [HIGHLANDSTREET.ORG](http://HIGHLANDSTREET.ORG) or call 617-969-8900.**



### **Music at Eden's Edge Summer Series**

Music at Eden's Edge Senior/Family Series: free summer concerts at the North Shore Unitarian Universalist Church, 323 Locust Street, Danvers. NSUUC offers ample parking, shade and is fully handicapped accessible. Guests are always invited to stay for refreshments and conversations with the artists following the concerts. It is an enjoyable time for all – and it is all still *free*!

Concert dates are on Tuesdays as follows: **August 18: Whims of Fate** (strings & piano/Boccherini, Martinu, Rachmaninoff, & Elgar), and **September 15: Across the Centuries** (Music from 17<sup>th</sup>-20<sup>th</sup> centuries for baroque quartet.).

---

**SCAM ALERT!** Georgetown Police Dept. is warning residents of a recent scam in town claiming to be from either the Light Department or National Grid. "Failure to pay your bill now will get you shut off." **This is a scam**, DO NOT give them a prepaid card number. Please just hang up.

# **Council on Aging Services**

For information on any of the following services, contact the COA at (978) 352-5726.

## **TRANSPORTATION/SHOPPING:**

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

## **TRANSPORTATION/MEDICAL:**

### **Northern Essex Elder Transport, Inc.**

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

### **RING & RIDE: Medical, Shopping & General Purpose Transportation**

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

## **HANDICAP PLACARDS**

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications available from the Registry of Motor Vehicles.

## **Meals on Wheels**

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

## **Congregate Meals**

The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

## **FOOD AND HEAT RESOURCES**

For more information, contact the COA office at (978) 352-5726.

## **VISITING NURSE**

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

## **S.H.I.N.E.**

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

## **EQUIPMENT LENDING PROGRAM**

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

## **FILE OF LIFE & YELLOW DOT PROGRAMS**

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

## **HEALTH CARE PROXIES**

COA has fact sheets and Health Care Proxy forms available upon request.

**THE FILE** A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 4/24/12

Georgetown Council on Aging  
Memorial Town Hall  
1 Library Street  
Georgetown, MA 01833

**Return Service Requested**

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

Presort Standard  
U. S. Postage

**PAID**

PERMIT #39  
Haverhill, MA

**Georgetown Council on Aging**  
**1 Library Street**  
**Georgetown, MA 01833**  
**(978) 352-5726**

**Office Hours:**

**Monday – Thurs. 8 am – 4 pm**

**Georgetown COA Meal Site**  
**@ 1<sup>st</sup> Congregational Church**  
**Andover St. ~ Georgetown, MA**  
**(978) 352-8443**

**Open:**

**Monday – Wed. 9 am – noon**

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at noon on the 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday August 25, 2015**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Meal Site Coordinator:** Mickie Locke

**Board Members:**

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Susan Gardiner, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Caroline

Sheehan, Ann Stewart-alternate,

Dick Boucher-alternate

**Town of Georgetown:**

Michael Farrell, Town Administrator

Philip Trapani, Chair, Board of Selectmen

Douglas Dawes, Board of Selectmen

Stuart Egenberg, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://www.georgetownma.gov).

**Council on Aging Mission Statement:** The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

**Inclement Weather Policy:** The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the First Congregational Church.

## **August Menu** - Make reservations 3 days in advance. Call (978) 352-5726.

**Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.**

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley  
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

| <u><b>Monday</b></u>  | <u><b>Tuesday</b></u>  | <u><b>Wednesday</b></u>  |
|---|--|--|
| <b>3</b> Chix Marsala/Pasta, Garlic Green Beans, Natural Grain Bread, Raisin/Rice Pudding | <b>4</b> Tuna/Pasta Salad, Cucumber Salad, Spinach Salad/Mandarin Oranges, Roll, Fruit       | <b>5</b> Penne/Meatballs/Tomato Sauce, Peas, Carrots, Oatmeal Bread, Ch. Chip Cookie |
| <b>10</b> Pork Diane, Broccoli, Oatmeal Bread, Mashed Turnip/Carrots, Sliced Peaches      | <b>11</b> Meat Lasagna/Marinara, Sautéed Spinach, Garlic Roll, Fruit                         | <b>12</b> Beef Chili, Carrots, Honey Wheat Roll, Oatmeal Cookie                      |
| <b>17</b> Chs Ravioli/Marinara, Garlic Gr Beans, Carrots, Oatmeal Bread, Raisin Bran Bar  | <b>18</b> Egg Salad/Lettuce/Wh Wh Pita, English Pea Salad, Fruit                             | <b>19</b> Brunswick Stew, Deluxe Bean Medley, Biscuit, Chocolate Cookie              |
| <b>24</b> Shepherd's Pie, Peas/Carrots, Wh Wh Bread, Sliced Pears                         | <b>25</b> Sweet/Sour Chix Breast/Pineapple, Roll, Scalloped Pot, Broccoli/Cauliflower, Fruit | <b>26</b> LS Hot Dog/Wh Wh Roll, Vegetarian Baked Beans, Chef Blend Veg, Watermelon  |
| <b>31</b> Beef Burgundy, Mash Red Bliss Pot, Mixed Veg, Fruit, Flax Seed Bread            |  |  |

August 2 is ***National Ice Cream Sandwich Day***. Celebrate with this cool and decadent treat:

### **Ice Cream Sandwich Dessert**

**serves: 12**

**Ingredients:** 22 ice cream sandwiches ~ 1 (16 oz.) container Cool Whip ~ 1 (12 oz.) jar caramel ice cream topping ~ 1½ c. salted peanuts

**Directions:** Cut one ice cream sandwich in ½. Place one whole and one ½ sandwich along a short side of a high-sided 13x9 casserole dish. Repeat until bottom is covered, alternating the whole & ½ sandwiches. Spread with ½ of Cool Whip. Pour (all) caramel on top. Sprinkle with ½ peanuts. Repeat layers with remaining ice cream sandwiches, Cool Whip, & peanuts. The pan will be full. Cover & freeze for up to 2 months. Remove from freezer 20 minutes before serving. Cut into squares.

## **AUGUST VAN & ACTIVITIES CALENDAR**

| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   |
|--|--|--|---|
| <b>3</b> 9:00 SHINE appts.<br>9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo | <b>4</b> <b>No Shopping Van–<br/>Brown Bag</b><br>11:30 Lunch<br>12:30 Strength Training   | <b>5</b> 9:00 Yoga<br>10:00 Visiting Nurse<br>11:30 Lunch          | <b>6</b> 9:30 Mens' Breakfast/TW<br>9:30 <b>VAN:</b> Walmart/Salem NH<br>10:45 Strength Training          |
| <b>10</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo                     | <b>11</b> 9:30 <b>Van: Rowley</b><br>9:30 Zentangle Bookmarks<br>11:30 Lunch<br>12:30 Strength Training                                      | <b>12</b><br>9:00 Yoga<br>11:30 Lunch                              | <b>13</b><br>10:30 <b>VAN:</b> Mann's Orchard<br>& Target/Methuen<br>10:45 Strength Training              |
| <b>17</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo                     | <b>18</b> 9:30 <b>Van: Plaistow, NH</b><br>11:30 Birthday Lunch<br>12:30 Strength Training   | <b>19</b><br>9:00 Yoga<br>11:30 Lunch                              | <b>20</b><br>10:30 <b>VAN:</b> Haverhill<br>10:45 Strength Training                                       |
| <b>24</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo                     | <b>25</b> 9:30 <b>Van: Newburyport</b><br>10:00 Free Legal Help by appt<br>11:30 Lunch<br>12:00 COA Board Meeting<br>12:30 Strength Training | <b>26</b><br>9:00 Yoga<br>10:00 Over the Hill Band<br>11:30 Lunch  | <b>27</b><br>10:30 <b>VAN:</b> Seabrook, NH<br>10:45 Strength Training                                    |
| <b>31</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo                     | <b>Sept. 1</b> <b>No Shopping Van–<br/>Brown Bag</b><br>11:30 Lunch<br>12:30 Strength Training   | <b>Sept. 2</b><br>9:00 Yoga<br>10:00 Visiting Nurse<br>11:30 Lunch | <b>Sept. 3</b><br>9:30 Mens' Breakfast/TW<br>9:30 <b>VAN:</b> Walmart/Salem NH<br>10:45 Strength Training |

**Van Trips:** The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.